

thePost

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NEWSNOTES

Women of Chapel host Bible Study

The Fort Dix Women of the Chapel will host a welcome coffee for their fall Bible Study Program Sept. 5 at 7 p.m. at the Main Chapel. Regular sessions will begin Tuesday, Sept. 12, from 9:30 to 11:30 a.m. For more information, call Eloise Deas, 609-893-9716.

American Red Cross looking for volunteers

The McGuire/Fort Dix station of the American Red Cross is looking for volunteers to help out in the office. Applicants should have clerical skills and be computer-literate. Call 562-2258 if interested or for more information.



CHARGE IT -- Brandon Cromwell of the Fort Dix Chargers watches a play unfold during practice on Doughboy Field. The team is still seeking players -- call 562-2819 for information on how to sign up.

Fort Dix Retiree Council hosts RAD luncheon

A luncheon will be sponsored by the Fort Dix Retiree Council for retirees and their guests Saturday, September 16, in conjunction with the Fort Dix Retiree Appreciation Day.

The luncheon will be held at Club Dix, with Social Time beginning at 11:30 a.m. followed by the luncheon at 1 p.m. The menu selections are Baked Flounder stuffed with Crab Meat, Roast Turkey with gravy, or Sliced Ham with pineapple sauce. Each menu selection will be served with a Vegetable, Sweet Potatoes, Mashed potatoes, or Rice; Salad, Rolls, Butter, Coffee, Iced Tea, and Lemon or Orange Sherbet with shell for desert. The cost for the luncheon/gratuity is \$18. (Checks payable to Fort Dix Retiree Council). Retirees and their Friends/Guests are invited to contact Colonel (Ret) Carmen Venticineque, 320 Hill Top Road, Toms River, New Jersey 08753 (Not Later Than Friday, September 8) to make reservations and menu selections.

WEATHER

FRIDAY -- Cooler, breezy and damp, high of 79 and low of 62 degrees.

SATURDAY -- Cloudy, slight chance of rain, high of 77 degrees and overnight low of 65.

SUNDAY -- Rainy, high of 81 and overnight low of 66 degrees.

MONDAY -- Rainy and breezy, high 83 and low 65.



Melissa Bird

HONORS -- Soldiers from Fort Dix salute the U.S. Flag during the singing of the National Anthem for Military Appreciation Night Aug. 17 at the 2006 Babe Ruth World Series on Bonacci field at Switlik Park in Yardville.

Baseball salutes military

Melissa Bird
Public Affairs Staff

The crowds rose to their feet and the echoes of cheering could be heard throughout the stadium. Children waved emphatically to the men and women who proudly wore the uniform of the United States Army.

The Soldiers from Fort Dix entered the rear gate of Bonacci Field at Switlik Park in Yardville last Thursday night in honor of Military Appreciation Night, during the opening game for the 2006 Babe Ruth 13 year-old World Series.

As the Soldiers lined up from home

plate to first and third base on the field, the air filled with pride and patriotism.

A helicopter was heard approaching and to everyone's surprise after a few moments of circling began its slow descent on to the outfield. Eyes widened and cheers grew in the crowded stands as Brig. Gen. Frank Carlini, deputy commander, Joint Forces Headquarters, New Jersey National Guard emerged from the helicopter.

Poised at the podium, Carlini voiced words of praise for the Soldiers for their decision to provide this country with such a great service. "They are our warriors, builders, and peacekeepers," Carlini proclaimed. The crowd cheered

and flags waved as Carlini went on to declare that the Army has the "prize fighting force the world has ever known."

On the sidelines, watching and listening intently was the last living co-founder of the Little Bigger League, founded in 1951, on the same field. Eighty-nine year-old Willard Carson said he was excited to be in attendance despite his recent health concerns. Bonacci Field is the site where Carson, along with nine other team mates, played the first game of what is known as Babe Ruth League, May 14, 1951 in Yardville.

Chap. (Col.) Ira Kronenberg, Fort

Dix Chapel, gave the invocation preceding the evening's events and game.

The stadium fell silent as the announcement was made that Sergeant 1st Class Eric Turner from the Joint Readiness Center would sing the National Anthem. With the clarity and color tone of the first note, the stadium remained in silence as the Soldiers saluted the American flag and a sense of tranquility flowed through the air.

Following a standing ovation by the stadium crowd, the Soldiers were then invited to the Yardville VFW, local 491 for a picnic dinner.

It was there that they were able to (continued on page 4)

Major General Bell named Army Reserve deputy commander

United States Army Reserve Public Affairs Office, Fort McPherson, Ga. (August 18, 2006)—The Chief of Staff of the Army today announced the selection of Maj. Gen. Alan D. Bell to be the Deputy Commander of the U.S. Army Reserve Command headquartered at Fort McPherson, Ga.

Bell's new duties will also include simultaneously serving as the Deputy Chief of the Army Reserve for Operations, Readiness, Training and Mobilization.

Bell fills a vacancy that was created in May when current Army Reserve Commander Lt. Gen. Jack Stultz was selected as the Commander of the U.S. Army Reserve Command.

Prior to his selection for this post, Bell, who resides in Georgia, served as the Commander of the 81st Regional Readiness Command, located in Birmingham, Ala.

Bell began his Army Reserve career in 1975 as the Assistant Civil Defense Officer, 310th Civil Affairs Group in Chamblee, Ga., with follow-on assignments including: Training Officer, Support Section, 81st Army Reserve Command (ARCOM), East Point, Ga., Headquarters Commandant, 81st ARCOM, Instructor, Officer Advanced Course

and later Operations Officer at 3283rd United States Army Reserve Forces School, Chamblee, Ga. He also served as project officer and subsequently became the executive officer for the 449th Area Support Group (ASG), Fort Park, Ga.

After departing the 449th ASG, he commanded the 352nd Maintenance Battalion, Macon, Ga. After battalion command, he served as Commander, 4th Brigade (Combat Service Support), 108th Division, Decatur, Ga. Following brigade command, he served as Chief of Staff, 108th Division, Charlotte, N.C. He then served as the Commander, First Brigade, and Deputy Commanding General for the 87th Division (Training Support), Birmingham, Ala.

In February 2003, he was assigned as Commanding General for the 81st Regional Readiness Command, Birmingham, Ala.

His military schools include attending the Armor School Basic and Advanced Course at Fort Knox, Ky.; the Civil Affairs Advanced Course; Military Intelligence Advanced Course; the Ordnance Maintenance Management Officer Advanced Course; the United States Army Command and General Staff College, and (continued on page 3)



Ed Mingin

No hang-ups here!

Maj. John Bueg, Air Operations Officer, works with members of the 404th Civil Affairs Unit during an airborne refresher course. The 404th was recently designated as an airborne battalion and members were keeping their jump skills current. "They've all been through jump school, but for some, it was 20 years ago," said Bueg. "This is just a refresher course for them. See next week's Post for coverage of the first jump."



Wayne Cook

REPORTING FOR DUTY -- A fleet of new M1083A1 Military Transport Vehicles stands ready for service. The M1083A1 is the Army's newest version of troop and cargo transport vehicles and will help replace the M920 series and M35 series vehicles which have served the military more than 30 years.

New truck fleet motors onto post

Wayne Cook
Public Affairs Staff

The future of military troop and cargo transport arrived on the installation in early August in the form of a fleet of state-of-the-art transport vehicles. The M1083A1 is the culmination of research, development and testing by Stewart & Stevenson Tactical Vehicle Systems, LP, of Sealy, Texas, to bring to the military the imminent evolution in tactical troop and cargo transportability in the field.

The M1083A1, along with other members of the Family of Medium Tactical Vehicles engineered and built by Stewart & Stevenson, LP, provides the Army's backbone for tactical unit mobility and logistics support throughout the battlefield. The vehicles must be capable of operation worldwide on primary and secondary roads, as well as on trails and cross-country in weather extremes from -50 degrees to 120 degrees Fahrenheit, according to the manufacturer.

This five-ton version of the tactical vehicle is full-time, all-

wheel drive, has a fully automatic seven-speed transmission, a Caterpillar 3126 heavy-duty, 6-cylinder, electronic-controlled, fuel-injected, turbocharged and aftercooled engine, ABS anti-lock brake system, and Central Tire Inflation System (CTIS).

The engine is a larger version of the same engine that runs the Bradley Fighting Vehicle and can be fueled by diesel, diesel derivatives DF-2 and VV-F-800, or JP-4 and JP-8 jet fuels. This powerful engine produces 330 horsepower or 225 horsepower, governed. It is very similar to the engines which run tractor-trailers back and forth across the highways of America.

The CTIS has cab-mounted electronic controls and is operable while driving on the highway, cross-country, in sand, mud, and snow, and if a tire begins to lose air pressure the CTIS will send air to inflate the tire as long as the puncture is not too large, enabling the vehicle to escape from dangerous areas.

Utilizing the CTIS, the vehicle is able to kneel or lower the truck height 16 inches to allow for loading on aircraft and ships. The vehicle is operated by

five computers which oversee the operation of key components of the vehicle. Two computers run the engine, one computer operates the transmission, one computer operates the CTIS, and one controls the ABS.

The M1083A1 is capable of carrying 20 passengers or five tons of cargo and the cab is outfitted with a turret hatch for mounting a machine gun for convoy and vehicle protection.

This tactical vehicle is air-transportable via C-130, C-141, C-17, and C-5A airplanes and by CH-47 and CH-53 helicopters.

The installation is set to receive a total fleet of 50 of the M1083A1 Military Transport Vehicles and they will be assigned to the 5th Brigade, 78th Division, for training troops for mobilization.

To prepare the unit for the assignment and utilization of the fleet, a contract field team led by Bill Whetstone from Fort Drum, N.Y., deployed to Fort Dix to handle the warrantee administration for all the trucks.

Also, two instructors, T.J. Smith and Paul McShan from Dimensions International at Fort

Carson, CO., were flown out to train Soldiers from the 5th Brigade, 78th Division, on how to operate and train others how to operate the new fleet.

They taught two 20-hour classes on familiarization and operation of the M1083A1 to 11 Soldiers and nine civilians. These individuals received certification to train and license others on the operation of the tactical trucks.

"I enjoyed training those Soldiers in the classes. They were hungry for information. They had a lot of really good questions," said T.J. Smith.

According to Lt. Col. Jeffrey Platts, commander, Logistics Support Element, Army Materiel Command, the Army and Air Force are using the same tactical vehicles to provide for interoperability of resources in the field.

"This truck represents a quantum leap in technology over the M920 series of trucks. The intent is to turn these trucks over to the hands of the trainers in the 5th Brigade, 78th Division, for their SECDEF (security forces) training," said Platts.

Chaplains' Corner

Chap. (Maj.) Jason Logan
chapel staff

When I was a child, one of my favorite shows was "The Lone Ranger." I loved how he always did good deeds, helping people in distress. I always found it ironic how everyone thought the Lone Ranger was a bad guy just because he wore a mask - the rationale was, he must have been a crook or he would not have worn a mask. At the end of every episode, there was a moment of enlightenment. Someone always said, "Who was that masked man?" The reply came, "That was the Lone Ranger!"

What is the moral of the story? The Lone Ranger was no crook. The Lone Ranger was a hero! Beware of judging people by their outward appearance. Judging a person by outward appearance can lead to deception. Listen, people wear all kinds of masks, and I am not talking about masks like the Lone Ranger's. People wear masks of courage (especially Soldiers); they wear masks of confidence and arrogance. People even wear masks of genuine righteousness.

King Solomon said, "There is nothing new under the sun." In other words, masks aren't new. In the Bible, Jesus speaks about masks. He used the word "hypocrite" in reference to this type of mask. He called some people of his day hypocrites (i.e., meaning masked ones). The Bible says, "He (Jesus) answered and said to them, 'Well did Isaiah prophesy of you hypocrites, as it is written: This people honors Me with their lips, but their heart is far from Me. And in vain they worship Me. Teaching as doctrines the commandments of men.'" (Mark 7:6-7).

Today we are familiar with the word hypocrite. Many refer to people of faith (e.g., Christians) as hypocrites. Many modern dictionaries connect the two concepts. World Book Dictionary gives this definition for a hypocrite: "A person who puts on a false appearance of goodness or religion." This would be a great definition, except it is inaccurate.

The original meaning is properly illustrated by an actor's mask. The original meaning is traced back to Ancient Greece. The Ancient Greek tragedies had actors called "hypocrites" who played more than one role or emotion. To change the emotion or role, the actor put on different masks. In that day, a hypocrite became synonymous with three things. First, it referred to someone who participated in an artificial role. Second, it was someone who concealed true motives under a cloak of pretense. Third, the word hypocrite came to mean an individual who hid a hideous heart beneath a lovely exterior. The Phantom of the Opera would be a good example of this definition. The Phantom wore a mask, but when he removed the mask we saw a terrible face.

A hypocrite is a person who by appearance seems to be one thing but is not. My definition of hypocrite also includes someone who says one thing and yet does another. In other words, the hypocrite is false and inconsistent. This definition hits us all! Some people say, "Well, what you see is what you get!" but even that can be a mask. For sure, we cannot read someone's heart or mind, can we?

My friends, no matter what mask we wear, there is someone who sees and knows our heart. I am a Christian chaplain and Orthodox Christians believe that Jesus is God in the flesh and Savior of the world! In fact, the Christian New Testament tells us that Jesus knows the heart of men and women. John 2:24-25 says, "But Jesus did not commit himself to them, because he knew all men and had no need that anyone should testify of man, for he knew what was in man." Listen, Jesus said in the Sermon on the Mount, "Blessed are the pure in heart for they will see God." The phrase "pure in heart" literally translates from the Greek New Testament, "utterly sincere." I would challenge us all to be real with each other, and most especially with God. After all, sooner or later we will all be unmasked.

NCO Academy learns new Army PT

Melissa Bird
Public Affairs Staff

For more than 80 years, Soldiers have faced the grueling test of sit-ups, push-ups and the two-mile run for Army Physical Training. A new Army Doctrine set to take effect in 2007-2008 has plans for implementing a new way of physical training for the Soldiers of today's Army.

Soldiers from Fort Dix's Non-Commissioned Officer (NCO) Academy took part in a four-day training from August 14-18, presented by instructors from the Army Fitness School in Fort Benning, Ga.

"This is the first time Fort Benning Physical Fitness School has been here," said Sgt. 1st Class Steven Cooper, NCOIC, Staff and Faculty Development.

The NCO Academy opened up the training to other instructors throughout Fort Dix. "There are eight Soldiers from other units on the post who are joining us. For example, we have some representatives from the SECDEF unit," added Cooper.

The Army Physical Fitness doctrine that is currently in place for Soldiers was established by Lt. Col. Herman J. Kochler, otherwise known as the father of United States Army Physical Training. According to the U.S. Army Physical Fitness School, Kochler was able to establish the standard known today by the time he retired in 1923.

The Army has recognized certain weaknesses in the current program and has created a new Army Doctrine to help prepare the Soldiers.

"There will be no more emphasis on push-ups, sit-ups, and a two-mile run," said



Melissa Bird

SHAPING UP -- Sgt. 1st Class James Lee from the United States Physical Fitness School, Fort Benning, Ga., right, calls cadence during Physical Readiness Training with the NCO Academy this past week.

Sgt. 1st Class James Lee, an instructor with the Army Physical Fitness School. "We are training them for when they are in combat, to perform their mission."

The introduction of this brand-new Army method comes at a time when the focus is on how to build a better Soldier for the future. After taking the time researching and talking to the Soldiers who had to perform in the theater and under fire, the school determined what the Soldier of today really needs.

"They looked at over 350 exercises and found those with repetition and function is what the Soldier needs," said Lee.

The exercises chosen will help Soldiers condition their bodies to prepare them for actual situations they may encounter in regular duty or on the battlefield. Emphasis is being placed on the ability to sprint for short distances rather than build endurance with a long run.

"Soldiers need to be able to sprint 40 meters to get out of the enemy line of fire," said Lee.

Concentration is now on building and strengthening muscles in the abdominals, back, and hip area, stabilizing the Soldiers core. Soldiers will rely on these areas when they need to get out of a foxhole, carry a casualty, or other activities they will face while in theater.

By molting exercises together from military training, calisthenics, yoga, and Pilates, it improves the Soldier both physically and mentally for what lies ahead. Other benefits of the program include team cohesion, enhanced productivity, and better overall health, reducing the number of Soldiers being on sick call or having profiles.

Physical Readiness Training is the way the Army plans to train its Soldiers in a more realistic way, paving the way for the new Army of today.

Volunteers are needed for Fort Dix Special Observances Committees

Martin Luther King Jr. Birthday
Black History Month
Women's History Month
Holocaust Remembrance Day
Asian Pacific Heritage Month
Women's Equality Day
Hispanic Heritage Month
Native American Heritage Month

For more information call Denise Horton at 562-4011

the Post

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Fight Germs and Stay Healthy

If you have a cold or flu:

Avoid close contact when possible.

► Germs are transmitted by sneezing, coughing, and even while speaking.

Cover your cough or sneeze.

► Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing.

► Throw used tissue in the trash.

Wash your hands often.

► Always wash hands before eating and after using the latrine.

► Wash hands for at least 15-20 seconds with warm, soapy water or alcohol-based gel.

Avoid touching your eyes, nose or mouth.

► Germs are often spread when people touch something contaminated with germs (for example, shaking hands or touching smooth surfaces) and then touch their eyes, nose or mouth.



TA-033-0905

<http://chppm-www.apgea.army.mil/>



Shawn Morris

NBC School graduates class with critical defense skills

The newest class of graduates of the Fort Dix Nuclear, Biological and Chemical (NBC) Defense School's Class 011 for the year are: Standing from left, Spc. Jason Begley, 1st Lt. Marshall Hogan, Lt. Col. Walter Jacobs, 2nd Lt. Ryan Kessler, Pfc. Zachary Russell Fehrman and Spc. Jeffrey Frisbee; kneeling from left, Spc. Angelica Leon, Spc. Eric White, Sgt. 1st Class Matthew Michalek, 1st Lt. Christian Pedersen, Capt. Trenton Player, Spc. Gordon Alexander Simon, Sgt. Christopher Tillman and Capt. Trisha Weitzel. Graduation for the group is set for today.

DoD updates deployment health requirements policy for civilians

Gerry J. Gilmore
American Forces Press Service

WASHINGTON, Aug. 23, 2006 — Defense Department civilians and contractors who are deployed overseas will be included in military health pro-

tection measures for the first time as part of an upcoming new policy, senior DoD officials said here today.

The new policy, DoD Instruction 6490.03, titled, "Deployment Health," leverages technological advances like electronic medical recordkeeping in the quest to improve the quality of military healthcare, Dr. William J. Winkenwerder Jr., assistant secretary of defense for health affairs, told Pentagon reporters during a telephonic news briefing.

"No military in history has done more to reach out to its servicemembers with respect to their physical and mental

health," Winkenwerder said.

"We will keep working to improve our system," he said. "It's important that we do it right, because of the great people that we are serving."

Use of pre- and post-deployment health assessments and the implementation of globally transmittable electronic health care records are making a major impact on preventing, identifying and treating health care problems for deployed servicemembers, Winkenwerder said.

The new policy specifies mandatory post-deployment health reassessments across the services and updates health care policies for overseas deploy-

ments. It also improves the capability of computerized records to keep track of localized health trends among deployed servicemembers, defense civilians and contractors.

"What is more robust today, and more granular and detailed and documented, is both the medical information, as well as the environmental and location information," Winkenwerder said.

Because defense civilians and contractors are being sent overseas along with military members in support of the global war on terrorism, officials decided they should be part of the military's deployment health system, Winkenwerder said.

National Guard and reserve members also are included in the new deployment health policy, said Ellen P. Embrey, deputy assistant secretary of defense for force health protection and readiness.

The new policy seeks to obtain and document deployed reserve-component members' health care information while they're on active duty, Embrey said. After departing active-duty status, reserve-component members can work with the Department of Veterans Affairs to address post-deployment health care concerns, she said.

The VA provides health care for veterans of combat operations for up to two years following their deployment, Embrey said.

"That, in combination with a

Police Log

Bell takes USARC deputy slot

(continued from page 1)
the U.S. Army War College, Carlisle Barracks, Pa.

He also holds a Masters Degree in Public Administration from Georgia State University.

Bell's decorations and awards include the Legion of Merit, Soldiers Medal, Meritorious Service Medal with four oak leaf clusters, Army Commendation Medal, Army

Achievement Medal with three oak leaf clusters, National Defense Service Medal with Campaign Star, Army Reserve Component Achievement Medal, Armed Forces Reserve Medal with Ten Year Device, and Humanitarian Service Medal.

He also holds the Parachutist Badge, Air Assault Badge, and the Ranger Tab.

Aafes.com offers ACUs, head to toe

AAFES News, DALLAS — With the latest edition to the Exchange Online Store, busy troops can now assemble their uniforms with just a few clicks of the mouse.

The virtual exchange's new "Uniform Ready-to-Wear" site makes it easy to complete uniform orders through one easy-to-use webpage. The final product is shipped to the Soldier's door, ready to wear right out of the box with no assembly required.

Uniforms can be ordered along with add-on items such as boots, belts, t-shirts and socks. A local alterations contractor will even attach all nametapes, rank, insignia, badges and patches.

Operational since July 24, the "Uniform Ready-to-Wear" site may be accessed by logging on to www.aafes.com.

From there, military service members need only to select "Military Uniforms Ready-to-Wear" to begin creating their custom uniform.



Military honored at Babe Ruth World Series

(continued from page 1)
talk with fellow Soldiers and
feast on array of food cooked by
the members of the VFW.

Stories could be heard floating
through the air about the current
war the nation is fighting, along
with details of trials and tribula-
tions from wars and mobiliza-
tions past.

Interest in the game was
high, as Babe Ruth teams from
Hamilton and Sydney, Australia
took the field. After a spirited
nine innings, the Hamilton team
won, 5 to 4.

"I think it's great for a whole
other nation (Australia) to come
over here to play ball," said
Sergeant 1st Class Warren
Head, a Charlie Company Pla-
toon Sergeant. "It makes me feel
proud to see such camaraderie of
the nations."

Other Soldiers like Pvt.
Jonathan Fore welcomed the
opportunity to get away from
the barracks for a little while.

Fore was not only proud to be
there representing the Army, but
is also a baseball fan and a for-
mer state champion back in his
home state of Texas.

Staff Sgt. Donald Testa, from
the 382nd Military Police Unit
out of Massachusetts, was also
happy to have a break from
training and the familiar sights
of the Post.

While the signs around the
park and the flyers said it was
the Babe Ruth World Series, the
Soldiers and crowd felt other-
wise.

"I can't think of a better
venue to bring the community
together with our brothers and
sisters in the military," said Cap-
tain Frank Sabatino, Ewing
Township Police Department.

"Being here reminds all of us
of the courage and commitment
these men and women possess
to ensure our freedom. God
bless our Soldiers and God bless
America."



PRIDE AND PATRIOTISM -- Soldiers from Fort Dix enter Bonacci field in celebration of Military Appreciation Night. Col. Robert Watson, Mobilization, Planning, Operations Officer, Fort Dix, left, Lt. Col. Andrew Burns, Mobilizations Integrations Officer, Joint Operations Center, Fort Dix, and Chap. (Col.) Ira Kronenberg, Fort Dix, Deputy Installation Chaplain render honors during the singing of the National Anthem.



LIVE FROM SWITLIK PARK -- Sergeant First Class Eric Turner, Joint Readiness Center, Fort Dix, performed the National Anthem solo during the opening ceremonies of the Babe Ruth World Series. Turner's singing talents brought him praises from the Soldiers and baseball fans in attendance. "I felt very appreciative, people came up to me to thank me," Turner said. Turner has been mobilized at Fort Dix since January, 2003. This is not Turner's first public singing engagement, he has also performed in his hometown of Philadelphia.

Realignment cuts ops at four Army areas in Germany

Department of Defense
News, August 23, 2006 --
The Department of Defense
announced Aug. 23 that the
United States would cease opera-
tions at four U.S. Army,
Europe, locations in Baben-
hausen and Aschaffenburg, Ger-
many.

Due to U.S. European Com-
mand force structure realign-
ment and transformation, and
the attendant reduction in instal-
lation and personnel support
requirements that have occurred
during the past several years,
U.S. Army, Europe, has identi-
fied Aschaffenburg Family
Housing, Aschaffenburg Train-
ing Area, Babenhausen Kaserne
and Babenhausen Family Hous-

ing as excess to the Army's
needs.

Closure of these facilities
will affect 21 U.S. service mem-
bers, 44 U.S. DoD civilian
employees and 20 host nation
employees.

U.S. Army units stationed in
the area with nearly 1,000 sol-
diers were previously
announced for departure or inac-
tivation. This latest action is
expected to save more than \$9
million annually.

Facilities affected by this
decision will begin the process
of return to the host nation.

As with all stationing actions,
the United States has coordina-
ted with host nation officials
before this announcement.

Mobilized reserve numbers dip for Army, Air Force

Department of Defense News
-- As of Aug. 23, the Navy and
Marine Corps announced an
increase in the number of
reservists on active duty in sup-
port of the partial mobilization,
while the Army and Air Force
number decreased.

The Coast Guard number
remained the same.

The net collective result is 83
fewer reservists mobilized than
last week.

At any given time, services
may mobilize some units and
individuals while demobilizing
others, making it possible for
these figures to either increase
or decrease.

Total number currently on
active duty in support of the par-
tial mobilization for the Army
National Guard and Army
Reserve is 91,428; Navy

Reserve, 5,876; Air National
Guard and Air Force Reserve,
6,992; Marine Corps Reserve,
7,353; and the Coast Guard
Reserve, 315.

This brings the total National
Guard and Reserve personnel,
who have been mobilized, to
111,964, including both units
and individual augmentees.

A cumulative roster of all
National Guard and Reserve
personnel, who are currently
mobilized, can be found at
<http://www.defenselink.mil/new/s/Aug2006/d20060823ngr.pdf>.

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NEIGHBORHOOD

THE CORNER

Dix NCO Academy to train military instructors

The cadre of the Fort Dix NCO Academy will be teaching the Total Army Instructor Training Course and Small Group Instructor Training Course from Aug. 25 through Sept. 9 at the Fort Dix NCO Academy. The course is open to military personnel and civilians.

For more information visit <https://artc.mccoy.army.mil/ako/dinxcoa>, call the NCOIC, Staff Sgt. January Rodriguez-Kestner, at 562-2605, or send e-mail to January.Kestner@us.army.mil

Free bookbags to be distributed by ACS

Army Community Service Hearts Apart Support Group will provide book bags with school supplies to children of mobilized and deployed service members. These items are for children attending kindergarten up to third grade.

The book bags will be distributed Aug. 30 at 3 p.m. at Army Community Service, Building 5201 at the corner of Maryland Avenue and 8th Street. This event is sponsored by Operation HomeFront. Refreshments will be provided by N.J. Chapter 899, Vietnam Veterans of America.

Registration in advance is required. Please call ACS at 562-2767 to register your children and provide their ages and gender.

ACS to host Army Family Team Building training

Army Community Service will host Army Family Team Building Instructor Training Aug. 30-31 from 8:30 a.m. to 5 p.m. in Bldg. 5201 Maryland Avenue.

Attendees will:

- become more effective instructors
- improve public-speaking skills
- develop self-esteem and confidence
- receive certification as an AFTB instructor

The training is open to all military personnel, family members and civilians. To register call Fran Booth at 562-3930 or send e-mail to frances.booth@dix.army.mil no later than Aug. 14.

Support groups for kids held at Wilson Towers

Army Community Service Soldier and Family Life Consultants have begun support groups for children, preteens and teens. The groups will be held in the Wilson Towers, JRC, Bldg 5250, New Jersey Avenue. There are three groups:

- Children, ages 5-10, will meet Tuesday mornings from 10 a.m. to noon
- Preteens, ages 11-13, will meet Thursday mornings from 10 a.m. to noon
- Teens, ages 14-17, will meet Thursday afternoons from 1-3 p.m.

Please call Midge Schuck at 649-2522 or 562-6715 to enroll your child/children or for further information.

Youth Center to host Teen Orientation

The Fort Dix Youth Center is hosting a Fort Dix/McGuire Teen Orientation Aug. 29 from 10 a.m. to 4:30 p.m. The orientation, for teens and pre-teens attending middle and high schools for the first time, will include games, go-carts, batting cages, miniature golf and more.

A signed permission slip is required for participation. Call 562-2767 for more information and to register.

National Guard to host Health and Fitness Fair

The National Guard's Joint Training Center is hosting an active duty/federal employee Health and Fitness Fair Sept. 7 from 9 a.m. to 3 p.m. The event will include a five-kilometer run/walk, seminars, more than 50 vendors, door prizes and more. Call 562-0858 for information.

Read The Post!

Chapel staff gains new leader

Wayne Cook
Public Affairs Staff

With the constant move and change of personnel at the Main Chapel, it can be hard to keep up with who is on staff and who has left. With the departure of Chap. (Col.) Marvin Mills, Chap. (Col.) Ira Kronenberg stepped up to fill the role as the installation chaplain. Now, fresh help has arrived in the body of Chap. (Col.) Larry Biederman, who has assumed the responsibilities and role as the installation chaplain.

"We are here to take care of people. The principle goal is to allow spiritual power to uplift us to do the mission we have before us," said Biederman.

"We're transitioning from doing business from one way to another; from serving just Army personnel to serving a joint mission. From the chapel's perspective we don't know what our future is here, but we are going to keep working to meet the mission until we find out what the future holds for us," he said.

"I'm looking forward to my New Jersey experience and looking forward to serving Soldiers, Marines, Airmen,



Wayne Cook

NEW VISION -- Chap. (Col.) Larry Biederman assumes his duties as the new installation chaplain.

and Sailors, together with the rest of the great staff here at the chapel," Biederman said.

Biederman joined the Army Reserve

in 1969 and received his commission in 1971 as an ordnance officer. He spent three years on active duty in Korea and in the United States.

In 1974, he decided to leave active duty and attended the United Theological Seminary in Dayton, Ohio. In 1984, Biederman returned to the Army Reserve as a chaplain with the 70th Division.

He served another stint on active duty from 1986 to 1992, and then went on inactive status while still serving the 530th Military Police and the 5th Brigade, 75th Division, as a Reserve chaplain.

In 1999, Biederman joined the Active Guard Reserve program and has since served as the AGR chaplain for the 96th Regional Support Command (now the 96th Regional Readiness Command), as installation chaplain for Fort McCoy, Wis., as chaplain personnel manager for Reserve chaplains, and as the deputy command chaplain for the 84th Army Reserve Readiness Training Center.

Biederman is originally from Nebraska and is ordained as a United Methodist minister.

He is married to his wife of 33 years, Elly, and together they have two sons, Eric, a computer programmer, and Evan, a Soldier serving on active duty at Fort Riley, Kas.

Registration for online competition open

WASHINGTON, D.C. Aug. 16, 2006 -- Registration for eCYBERMISSION, the U.S. Army's free, Web-based science, math and technology competition open to sixth- through ninth-grade students throughout the United States and U.S. schools abroad, will begin Sept. 1 and run through Dec. 12.

In its first four years, the competition has attracted students whose curiosity, creativity and dedication have in turn attracted the attention of Bill Gates chairman of Microsoft Corporation. In a videotaped address prepared especially for 2005-2006 national finalists, Gates challenged the students to continue their pursuits of science, math and technology.

"Your experience with eCYBERMISSION is just the beginning," said Gates. "I urge you to continue to stay focused, to think outside of the box, to ask yourself 'how does this work,' 'how can I solve this problem,' or 'how can I make this technology better?'"

Gates envisions that students, such as those competing in the eCYBERMISSION competition, can make a difference through creating opportunities and innovations in technology and serving as leaders in the future of our nation.

"The United States has long been the world's center for innovation in science and technology, but our continued prosperity, as a nation, will depend on whether we can produce a new generation that has the skills to create tomorrow's technology breakthroughs," Gates said.

This year, the U.S. Army is expecting continued growth with the competition.

"This competition cycle marks the fifth year of a program dedicated to increasing the number of American students interested in pursuing science, math and technology careers," said Michael Doyle, U.S. Army eCYBERMISSION program manager.

Students competing in the U.S. Army's free, Web-based science, math and technology competition open to sixth- through ninth-grade students throughout the United States and U.S. schools abroad, can win up to \$8,000 in U.S. Savings Bonds.

"More than 6,000 students from across the nation participated in last year's competition and we expect higher numbers this coming year. Registering for the competition is done via the eCYBERMISSION Web site at www.cybermission.com."

eCYBERMISSION participants discover the scientific method and its application in the real world. Teams of three or four students identify a problem in their community, formulate a hypothesis and conduct research and experiments in one of four competition categories. Students then collect and organize their data, interpret the results and submit an on-line "Mission Folder" documenting the process.

Students competing in eCYBERMISSION have the opportunity to win up to \$8,000 in U.S. EE Savings Bonds. Sixteen teams will be chosen as Regional First Place winners with each student being awarded \$3,000 in EE Savings Bonds, as well as an all-expense-paid trip to Washington, D.C. for the National Judging and Educational Event. Four National First Place Winners will be chosen from these 16 teams, and awarded an additional \$5,000 in EE Savings Bonds per student.

Students not advancing to the national competition, but who submit Mission Folders that show a grasp of science and its application to a real community problem, may compete for one of the 16 Regional Second Place Awards of \$3,000 in EE Savings Bonds or one of the 64 Regional Criteria Awards of \$2,000 in EE Savings Bonds for each student on the team.

Through eCYBERMISSION, the U.S. Army has awarded more than \$3.5 million in prize money in support of the science, math and technology leaders of tomorrow. Since its inception five years ago, more than 25,000 students from across the country and in U.S. territories and Department of Defense Education Activity (DoDEA) schools worldwide have participated in the competition.

For more information, visit www.cybermission.com or call 1-866-GO-CYBER (1-866-462-9237).

Griffith gym to host Retiree Appreciation

Fort Dix will open its doors to military retirees from all services Sept. 16 for information updates on benefits, the state of the Army and some red, white and blue entertainment from the USO.

Griffith Field House will open at 8 a.m. with refreshments available and County Fair Information Booths ready to distribute information and offer a variety of medical screenings.

Opening ceremonies for the Retiree Appreciation Day begin at 10 a.m., with posting of the colors and introduction of guest speakers by George A. Waters Jr., chairman of the Retiree Council.

The first guest speaker for the annual event will be Raymond B. Russell Jr., who served in the United States Air Force for more than 30 years before retiring in 1990. Russell,

a long-time advocate for the Military Officers Association of America (MOAA), is a training consultant for both private and government employers in New Jersey. He is well-known in the veteran community for his work in initiating and spearheading the drive to exempt military retirement pay and survivor benefit pay from state income tax.

The second guest speaker will be John S. Class, deputy director, Government Relations for Health Affairs for MOAA. Class entered the Navy in 1982, and served until 2002 in a variety of health care management positions. He is a member of the Base Realignment and Closure Working

Group on Military Health Care, and chairs the Military Pharmacy Beneficiary Advisory Panel.

The USO will present entertainment at 11:30 a.m., and the County Fair Information Booths will be open until 1 p.m.

The Fort Dix Museum, located on Pennsylvania Avenue next to the Thrift Shop, will be open from 8 a.m. to 4 p.m. the day of the event.

County Fair participants include Army/Air Force Exchange Service, Association of the U.S. Army, Army Community Services, American Red Cross, Arts and Crafts, MWR Marketing, Department for Military and Veterans Affairs, Fire and Emergency Services, National Association of Uniformed Services, Vehicle Registration, HR & Casualty, Military Order of the Purple Heart, 305th Medical Group, Regional Department of Veterans Affairs, Reserve Officers Association, Social Security Administration, Installation Legal Office, Retired Enlisted Association, Retired Sergeants Major and Chiefs Association, Veterans Service Center - Trenton, Veterans of Foreign Wars - Post 10065, 24th Infantry Regiment Combat Team, American Legion, Military Order of World Wars, Military Officers Association of America, Warrant Officers Association, U.S. Family Health Care Plan and Delta Retiree Dental.

Griffith Field House will open at 8 a.m. with refreshments available and County Fair Information Booths ready to distribute information and offer a variety of medical screenings. Opening ceremonies for the Retiree Appreciation Day begin at 10 a.m., with posting of the colors and introduction of guest speakers.

So long summer! Time to head

BACK to SCHOOL

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The transition from the dog days of August to back-to-school in September can be challenging for both children and parents. Even children who are looking forward to the new school year must adjust to greater levels of activity, structure, and the stress of school life.

Parents can help their children make this adjustment:

- Be sure your children are in good physical and mental health. Discuss with your pediatrician any concerns you have regarding your children's development.



photos by Wayne Cook

Medical Soldiers rewarded

Capt. Dennis Curtis, top left, assumes command of the Medical Company, Medical Support Activity, Joint Readiness Center, as he receives the unit guidon from Col. Donald Hall, commander, MSA, JRC, during a change-of-command ceremony Aug. 21. Capt. Ronnie Jennings, Medical Company commander, Medical Support Activity, Joint Readiness Center, far right, is awarded the Army Commendation Medal for meritorious service by Col. Donald Hall, commander, Medical Support Activity, Joint Readiness Center.



Citizen-Soldier earns title

Sgt. Edgar Valdez, of Ecuador displays his United States Naturalization papers after a citizenship ceremony Aug. 18 in Cherry Hill. Valdez, a Soldier with the 348th Medical Battalion, Fort Dix, has been in the U.S. Army for many years and served a tour in Afghanistan in 2004.

Amada Espinosa, ACS



Wayne Cook

Lt. Col. Thomas Lenio, executive officer, 942nd Quartermaster Detachment, left, and Master Sgt. Lester Rodriguez, affix their unit's yellow banner next to those of other deployed units that are serving overseas in support of the Global War on Terrorism during a ceremony Aug. 17.

Yellow banner days at Dix



Wayne Cook

From left, Lt. Col. Bill Adams, commander, 143rd Combat Sustainment Support Battalion, 1st Sgt. John Sterpila, and Capt. Christine Rooney hoist the unit's yellow banner over Infantry Park.



Ed Mingin

From left, 1st Sgt. William Richards, Col. Douglass Dinon and Capt. Ravindra Wagh hoist the yellow ribbon for Echo Co., 1/125 Infantry from Michigan.



Yard of Month winners receive awards



Command Sgt. Maj. Albert Davidson, installation command sergeant major, above right, handed out this month's awards for the Yard of the Month competition Aug. 23. Staff Sgt. Lee Baily, wife Helene and daughter Ariel, above from left, receive second place in the Garden Terrace 1500 Area.



Chief Warrant Officer Ramona Martin, above left, receives second place in Grove Park. Not pictured is her daughter, Whitney Gould. Cmdr. Thomas Dougherty, left, receives first place in Scott Plaza. Not pictured are his wife Deborah, son Thomas, Daughter Meghan, and stepsons Wesley and David Christenson.



Sgt. 1st Class Steven Katkics Jr. and wife Pamela, above, receive first place in the Garden Terrace 1200 Area.



Cherie Bristow and daughter Devon, above, receive second place in the Garden Terrace 1600 Area. Not pictured is Sgt. 1st Class James Bristow.



Sgt. Filipe Hernandez Jr. and son ?????, above left, receive first place in the Garden Terrace 1100 Area. Not pictured is wife Johanna and son ?????



Emily McGuiness, daughter Anna and son James, left, receive second place in Scott Plaza. Not pictured is Col. Matthew McGuiness. Sgt. 1st Class Rodney Quinn and wife Kelli, above, receive second place in the Garden Terrace 1200 Area. Not pictured are daughter Carley and sons Rodney and Joshua.

NCO Call
at Club Dix
Wednesdays at 6 p.m.

photos by Shawn Morris



Sgt. 1st Class John Jackson, wife Silvana and daughter Maraha, above, receive first place in the Garden Terrace 1500 Area. Also pictured is ?????, above left.



Jeffrey Presnar and daughter Lauren, above, receive first place in the Garden Terrace 1600 Area. Not pictured are wife Deb and son Benjamin.



Linda Pavlich receives first place in Holly Crest. Not pictured is Chief Warrant Officer John Pavlich.



Second Lt. Stephen Iaquinio Jr. and wife Florence receive first place in Grove Park. Not pictured is son Owen.



Announcements



Movie Schedule
at the McGuire AFB Theatre
Movie Hotline 754-5139

Friday, August 25 @ 7:30 p.m.

My Super Ex - Girlfriend - Uma Thurman, Luke Wilson, Anna Faris - A young man (Luke Wilson) discovers that the beautiful but manipulative woman (Uma Thurman) he is dating is really a superheroine known as G-Girl. After he breaks up with her, he learns that "hell hath no fury like a woman scorned" as she unleashes her considerable powers against him.

MPAA Rating: PG-13 - *sexual content, crude humor, language and brief nudity*

Run Time: 1 hr. 35 min.

Saturday, August 26 @ 7:30 p.m.

Monster House - Steve Buscemi, Maggie Gyllenhaal, Mitchell Musso - No adults believe three youths' assertion that a neighboring residence is a living creature that means them harm. With Halloween approaching, the trio must find a way to destroy the structure before innocent trick-or-treaters meet ghastly ends.

MPAA Rating: PG - scary images and sequences, thematic elements, some crude humor and brief language

Run Time: 1 hr. 31 min.

Future Features...

Lady in the Water
Friday, September 1 @ 7:30 p.m.
PG - 13, 1 hr. 50 min.

John Tucker Must Die
Saturday, September 2 @ 7:30 p.m.
PG - 13, 1 hr. 27 min.

Main Chapel

562-5791/562-2020
Sunday services

Protestant at 9 a.m.

Catholic Mass at 10:15 a.m. Gospel at 11:30 a.m.

Catholic CCD is held at 9:15 a.m.

Protestant-Gospel Sunday School at 10:15 a.m.

Youth Center

Bldg. 1279 Locust Street
562-5061

Hours of Operation:
Tuesday - Friday 2 to 7 p.m.
Saturday 1 to 7 p.m.
Sunday & Monday CLOSED

Administrative Hours:
Tuesday - Friday noon to 6 p.m.

August Schedule

August 25
Resistance Exercise
4 - 5 p.m.

August 26
"Star Wars"

August 29
Teen Orientation
10 a.m. - 4:30 p.m.

August 29 - 31
Self Directed Activities

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.

Religious Services

Islamic Prayer Services
held at noon, Monday through Thursday - Room 24
Adult Bible Study
Wednesdays at 7 p.m.

Catholic Adult Bible Study - Sundays at 11:30 a.m.
Christian Women of the Chapel

hold a **Bible Study** - Tuesdays, 9:30 a.m. to noon
Jewish Services

Shabbat held every first and third Friday evening at 6 p.m. followed by KIDDUSH Fellowship

Chapel 5 (Bldg. 5950)
562-4847

Memorial Prayer Service for Our Soldiers

5:45 p.m. each Sunday

Computer Room: Mon. - Fri.

9 a.m. - noon / 2-4 p.m. and 5-8 p.m.

Infant Baptism and Lutheran Confirmation
Instruction by appointment

Organizations

Boys and Girls Club Day for Kids

"Share a Moment, Create a Memory, and Make a Kid's Day!" Bring your kids out on Saturday September 16 from 1-4 p.m. at the Youth Center for a day of fun. Celebrate time with your kids and share in the experiences of face painting, Volleyball, Family Relays, Youth Sports, Basketball Family Pictures, and much, much more. Parents must accompany their children. For more information contact the Youth Center at 562-5061.

305 MDG Pharmacy information

Patients using the 305 MDG Ambulatory Healthcare Center who received a prescription must first visit the pharmacy to "check-in and activate" the prescription. An ID card is required. The pharmacy will process the prescription only after check-in.

Current prescriptions may be refilled 24 hours-a-day, seven days a week., by calling 754-9470. Refills can be requested seven to ten days before the prescription runs out. Refills are ready for pick-up two duty days after being phoned in.

Register for yard sales

Any resident in housing must register for a Yard Sale permit at the Youth Center at 1279 Locust Street. The permit cost \$5 and are free to members of Club Dix or the Fountain Green Golf Course. The permit must be posted outside your quarters, but no other signs may be placed in housing area. Call 562-5061 for the Yard Sale information, introduction.

Black History committee

The Fort Dix Black History Observance Committee is looking for volunteers to help with annual celebrations. Call Veverly Wakefield at 562-4036 for more information.

CYS Program Vacancies

Child and Youth Services has slots available in full day care for children ages two to five years old. Openings are also available for before and after school care for youths in kindergarten through eighth grade. For more information call 562-4702.

Fort Dix Mentor Program

All mentors--seasoned, new, or those wishing to apply or learn more about the Fort Dix Mentoring Program. For information call Anna Cooper, school liaison officer, at 562-6271. Make a difference in a child's life.

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MOBILIZATION NEW YOU CAN USE

WDIX
Commander's
Channel 2

WDIX
Commander's
Channel 2

Post Shuttle Bus

562-5888

Monday to Sunday -- 7 a.m. to 10 p.m.
During the day *Starr Tour* busses are used, in evening the military *Bluebird* busses are run.

Dix Shoppette/Class Six/ Gas Station

723-0044

Bldg. 5359, Texas Ave.

Monday to Friday - 6 a.m. to 10 p.m.

Weekends - 7 a.m. to 10 p.m.

BX/PX & Mall

723-6100

Monday to Thursday - 10 a.m. to 8 p.m.

Friday and Saturday - 8:30 a.m. to 8 p.m.

Sunday - 10 a.m. to 6 p.m.

Commissary

754-4154

Monday to Friday - 7 a.m. (early bird) to 8 p.m.

Saturday - 9 a.m. to 8 p.m.

Sunday - 10 a.m. to 7 p.m.

Military Clothing/Sales Store-Alterations

723-2307

Bldg. 5601, Texas Ave.

Monday to Saturday 10 a.m. to 5:30 p.m.

Saturday - Closed.

Club Dix

723-3272

Dix Cafe

Tuesday to Friday 11 a.m. to 1 p.m.

Revolutions Lounge

Opens 4:30 p.m. Tuesday to Sunday

Karaoke every Thursday at 8 p.m.

Recreation Center

562-4956

Bldg. 5905 on Doughboy Loop.

Monday through Friday - 1 to 10 p.m.

Saturday and Sunday - noon to 11 p.m.

AT&T Cyber Zone offers computer access for a fee

McGuire Shoppette

723-4705

East Arnold Avenue by the 24-hour gate

Monday to Thursday -- 6:30 a.m. to 9 p.m.

Friday -- 6:30 a.m. to 7 p.m.

Saturday -- 9 a.m. to 10 p.m.

Sunday -- 9 a.m. to 7 p.m.

Outdoor Recreation

562-6667

Bldg. 6045 Doughboy Loop

Equipment for rent includes skis, snowboards, canoes, flat bottom boats, canopies of various sizes, tents, tables, chairs and more.

Monday to Friday 10 a.m. - 5 p.m.

Saturday 4 p.m.

Computer Lab

562-5228

Delaware Ave. & First St.

Tuesday to Friday - 1 p.m. to 9 p.m.

Saturday - Sunday - 1 p.m. to 7 p.m.

McGuire Gas Station

723-4705

East Arnold Avenue by th 24-hour gate

Monday to Friday -- 6:30 a.m. to 7 p.m.

Saturday -- 9 a.m. to 7 p.m.

Sunday -- 9 a.m. to 6 p.m.

Firestone

723-0464

Bldg. 4201 on Texas Ave.

Monday through Friday - 7 a.m. to 7 p.m.

Saturday - 7 a.m. to 5 p.m.

Dining Facilities

Bldgs. 5640 and 5986

Breakfast Mon - Sun 5:30 to 7:30 a.m.

Lunch Mon - Sun 11:30 a.m. to 1:15 p.m.

Dinner Mon - Sun 4:30 to 6:30 p.m.

Bldg. 5985 (FOB)

Breakfast Mon - Sun 5 to 6:30 a.m.

Dinner Mon - Sun 6 to 7:30 p.m.

Burger King

723-8937

Bldg. 5399, Texas Ave.

Monday to Saturday 6 a.m. to 8 p.m.

Sunday 7 a.m. to 8 p.m.

Spouses' Club Thrift Shop

723-2683

The Thrift Shop will close for inventory on

Aug. 22 and will reopen Sept. 5.

For more information call 723-2683

WDIX
Channel 2 24/7

**FORT DIX
WANTS YOU**

**TO BE A
MAYOR!**

CALL 562-2767

Or Stop by Army Community Services
Bldg 2201, 8th St. & Maryland Avenue
IT'S YOUR PATRIOTIC DUTY!

**Army
Community
Service**

August Schedule



MILITARY MATTERS



Eye on PMI

Sgt. 1st Class Hubert Townsend
Small Arms Readiness Group

The pistol FM, 3-22.35, writes a bunch about trigger control, including the classic definition of "...pulling the trigger straight to the rear without disturbing the sight alignment..." Unfortunately, it very briefly mentions that "flinching is an automatic human reflex caused by anticipating the recoil of the weapon."

Shootfire, this should be the whole FM because that is the biggie with pistol shooting. The first three fundamentals are easily taught and remediated, but that doggone trigger control takes a lifetime to master, because we have the inborn startle reflex.

We don't like loud noises close and in front of our faces, and we know that when we do pull a trigger past a certain point that we are gonna set that startle reflex off. The naive shooter will UNCONSCIOUSLY give the trigger a little jerk/yank so that to him there isn't a small surprise and he thereby avoids the psychic shock to his system. This is the main problem with trigger control—the fact that we don't even know that we are jerking the trigger and not making the bang a small surprise. Nobody wants to fail, but they don't even know they are doing it. However, seeing dirt kick up in front of the targets is a major clue. That and seeing the finger fly right off of the trigger instead of holding it to the rear for proper follow-through is another indicator.

So, how do we overcome this normal, natural reflex that is the bane of all pistol shooters each and every shot? Well, we "gotta get the hay down to where the cows can get it." We need to make the shooter aware of their jerking from a subconscious action. Robust physicality can sometimes be a good awareness tool; Verify with two Soldiers that the pistol is indeed empty and put the Soldier into a solid combat stance and grip. Then tell him that you will whack the end of the muzzle as hard as the pistol actually recoils five times. After each recoil say something like "did that hurt?" or "see how your body absorbs the recoil with that solid position." And then on the fourth recoil intentionally miss the barrel and watch him dip the muzzle down, from anticipating the recoil. Hmm.

Now ask him again if he can "take the pain" and not flinch and then alternate actually recoiling with missing until he no longer flinches when your hand misses the barrel. Hopefully, now that he is aware of what he was doing, he will "take the pain," pull the trigger smoothly, straight to the rear and make the bang a mild surprise. Also, ensure that the soldier has put their ear plugs in properly, rolled and then expanded into the ear canal. Otherwise, the body will naturally continue to jerk the trigger at the moment of truth, subconsciously of course.

There are other techniques to ameliorate jerking, but my time is at an end for now.

Disaster preparedness encouraged

Jennifer Keefer
Army News Service

FORT RUCKER, Ala., Aug. 24, 2006 — Hurricanes Katrina, Rita and Wilma claimed more than 1,000 lives and left millions more displaced or homeless. And another active hurricane season has been predicted for this August-October by the National Oceanic and Atmospheric Administration.

The Federal Emergency Management Agency and the American Red Cross provide several disaster preparedness guides. "Preparing for Disaster" lists four main steps:

- Get informed — Know the specific hazards that threaten a community.
- Make a plan — Review community information and formulate a plan for home protection and evacuation.
- Assemble a kit — Gather at least a three-day supply of necessities.
- Maintain a plan and kit —



Capt. Len Dotson, New Jersey Task Force One

LESSONS LEARNED — Fire Capt. Len Dotson of the Fort Dix Fire Department helps rescue a victim of Hurricane Katrina in Louisiana this past September. Such a devastating storm could strike again, experts warn.

Quiz family members, conduct emergency drills, restock and test equipment.

Despite all the information available, only 67 percent of Americans claim to have a disaster-preparedness kit, according to the Insurance Information Institute.

"The biggest mistake people can make is not taking disaster

preparedness seriously and doing nothing," Robertory said. "Individuals and families should be proactive in disaster preparedness, at home, in the neighborhood and around the community."

More details on how to protect yourself and loved ones against all types of hazards is available in "Are You Ready?"

an in-depth guide by FEMA.

For more information on severe weather alerts and disaster preparedness, visit one of the following Web sites:

- www.redcross.org/
- www.firstgov.gov/Tops/ics/weather.html
- www.weather.com/safe-side/?from=tabset&ref=glossary/

RE/MAX offers job training to spouses

WASHINGTON, Army News Service, Aug. 22, 2006 — Moving frequently is not always beneficial to military spouses' careers, but RE/MAX officials hope to help change that.

RE/MAX, an international realty company, announced "Operation RE/MAX" on Aug. 14 during opening ceremonies of the 2006 RE/MAX International Conference of Broker/Owners and Managers here. The program assists military spouses developing careers in real estate, which a recent American National Standards Institute survey indicated as one of the top five careers suited for military spouses.

"A career in real estate is ideal for many military spouses," Dave Linger, RE/MAX co-founder and chairman of the board, said in the release. "It's a line of work that an individual can easily transport to any new location and become productive again almost immediately."

Operation RE/MAX is not limited to

those who want to become licensed real estate salespersons. Programs for administrative office support, unlicensed assistants and other staff positions are available.

"We began discussions with the Department of Defense almost year ago," said LaVerne Bintner, RE/MAX vice president of training. "They have determined that offering positive career opportunities for spouses may help accomplish one of their highest priorities — retention of quality military personnel."

Other career paths recommended to military spouses by the DoD include paralegal, nursing, dental assistant/technician and teaching.

License preparation for spouses participating in Operation RE/MAX is being handled by local real estate license training schools, with ongoing training available via the RE/MAX Satellite Network, Bintner added. Advanced sales training courses are also available on the satellite network.

Research by the Standards Institute showed that real estate careers are ideally suited to military spouses because of the shorter educational and licensing period, high income potential and portability. RE/MAX personnel already have attended a number of career fairs at military installations around the country to explain the program and examine additional needs and services.

"RE/MAX is an ideal career field for military spouses because of our focus on technology, including the RE/MAX Satellite Network, our brand reputation and our extensive network of offices and agents around the world," Bintner added.

Spouses who would like to more information on Operation RE/MAX should contact the spouse employment office or family center at their military installation. They also can log on to www.military.com/spouse or send e-mail inquiries to operationremax@remax.net.

Honoring the Colors

	Reveille 6 a.m. (0600 hours)	Retreat 5 p.m. (1700 hours)
Military personnel in uniform	Stand at attention, face the flag and salute at first note.	Stand at attention, face the flag for Retreat, then salute at first note of <i>To the Colors</i> .
Military personnel not in uniform, civilians	Stand at attention, face the flag and place right hand over heart at first note.	Stand at attention, face the flag for Retreat, then place right hand over heart at first note of <i>To the Colors</i> .
Military personnel in formation or in a group	Senior Soldier calls group to "Attention," then "Present, Arms" at first note. Calls "Order, Arms" at conclusion.	Senior Soldier calls group to "Attention," then "Parade, Rest" at first note of Retreat. Calls group to "Attention" and "Present, Arms" at first note of <i>To the Colors</i> , then "Order, Arms" at conclusion.
Individual military personnel, civilians in a vehicle	Stop vehicle and exit. Follow steps above.	Stop vehicle and exit. Follow steps above.
Group of military personnel in a vehicle	Stop vehicle. Individual in charge exits and follows steps above.	Stop vehicle. Individual in charge exits and follows steps above.

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Navy takes it all in post championship game



The NRDP team grabbed top honors in the Post Championship, beating Steel Angel. Petty Officer 1st Class Kevin Schrems helps put Navy on the scoreboard, far left. Petty Officer 1st Class Kendrey Lusk was doused with cold water following the game, as his team awarded him MVP. bottom left. Sgt. 1st Class John Medina performed some solid fielding and quick base running, second from left. Steel Angel, who were the regular season champs, put forth a strong effort in the championship game. Sgt. 1st Class Chris Golden attempts to throw out a base runner during the game, while Staff Sgt. Frank Martin, below, makes his way around the bases, hoping to score.

